

thePost

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NEWSNOTES

Sign up now for Community Yard Sale

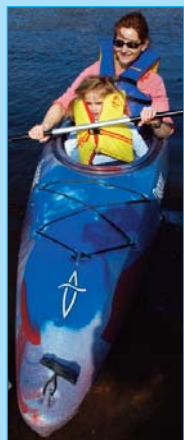
Reduce. Reuse. Recycle. The Fort Dix Spouses' Club Community Yard Sale is a good way to help you repurpose and recycle some of your old junk that takes up valuable space in your home.

The sale, sponsored by the Fort Dix Spouses' Club, will be held April 28 from 8 a.m. to noon. Setup begins at 7 a.m., and the Thrift Shop parking lot will be closed during the sale.

The Fort Dix Thrift Shop on Pennsylvania Avenue will also be open for business so you can do some bargain shopping in there as well. No consignments will be taken on this day.

The Yard Sale is open to all military ID cardholders and civilian personnel affiliated with Fort Dix, McGuire AFB, or Lakehurst.

A \$10 registration fee will be charged.



Shawn Morris

Killer kayaking

Laura D'Alfonso and daughter Faith, 4, test the waters during the Earth Day celebration at Laurel Pond April 20. For story and more photos, see page 12.

Cooling systems to be activated only by DPW

It's spring, and warmer weather has arrived. This is the time when Fort Dix transitions from operating the heating systems to operating the cooling systems in the facilities.

In order to help save Army energy, it has been post policy not to turn on the cooling systems until we have experienced three consecutive days of 70-degree Fahrenheit or higher daytime high temperatures with no forecast of cooler temperatures to follow.

Service personnel will turn off heating systems with a call to the Service Order desk at 562-6021 and will turn on the cooling systems once directed by the Directorate of Public Works. In the meantime, it is recommended that office personnel open and close windows and doors as appropriate to maintain a comfortable work environment.

WEATHER

FRIDAY: Good chance of thunderstorms with a high of 71 degrees, low of 56.

SATURDAY: Partly cloudy with a high of 72 and a low of 51.

SUNDAY: Small chance of scattered showers, highs in the upper 60s, lows in the high 40s.

MONDAY: Partly cloudy with a high of 76 degrees and a low of 53.

Soldiers set sights on success



Sgt. Pascual Flores

FIRED UP — Soldiers put rounds downrange during the Army Reserve's 77th Regional Readiness Command 2007 NCO/Soldier of the Year competition at Fort Dix April 21-22.

Sgt. Pascual Flores
1079th Garrison Support Unit

Kings of ancient Greece had Olympic games; kings of feudal times had knights jousting; and today's Army has its Non-commissioned Officer (NCO) and Soldier of the Year (SOY) Board.

All those events have one thing in common - finding one champion among a field of elite competitors.

On April 19, 17 Soldiers from the Army Reserve's 77th Regional Readiness Command (RRC) reported to Fort Dix to compete in the 2007 Non-commissioned Officer and Soldier of the Year Board.

Of those answering the call, two were chosen to represent the 77th RRC: Staff Sgt. T. Bradley Vogt, 1079th Garrison Support Unit, for the NCO of the year, and Spc. Frank Castel, 320th Chemical Company, for the Soldier of the Year.

Commuting from distances as far away as Albany, NY, in the north to Coram, NY, in the east, these warriors of the 77th RRC were first welcomed with an in-briefing of what to expect that was followed by a class room test, before being allowed to rest for the main events that would take place the next morning.

Day one for these contestants consisted of three events that provided them with an idea of the tempo of the things to come.

After conducting some warming-up exercises, these Soldiers, who were chosen by their respective units to represent them, got down to business to show who is the best in push-ups, sit-ups and the demanding two-mile run required in the Army Physical Fitness Training.

(continued on page 4)

Army releases new OPSEC regulation

J.D. Leipold
Army News Service

WASHINGTON, April 20, 2007 - Changes to the Army's operations security regulation address accountability, new technology and the inclusion of all Army personnel in OPSEC practices.

The revised Army Regulation 530-1, "Operations Security," provides updated definitions; aligns the Army's policies, terms and doctrine with the Defense Department; and brings Army Contractors into the fold while addressing the role Army Family Members have in OPSEC.

"The change includes Army Civilians and Contractors, who are not subject to the Uniform Code of Military Justice," said Maj. Ray Ceralde, the Army OPSEC program manager and author of the revision. "The reason we included Contractors in the regulation is they're more involved in operations today than ever before. If you have all your Soldiers and DA Civilians practicing OPSEC and your Contractors - who are an integral part of your operations - aren't ... well, you have a gaping hole in security that could affect everyone's lives."

Maj. Ceralde said OPSEC is a "total Army concept" and includes Families and friends though he acknowledged they aren't subject to a commander's orders. "We felt it necessary to actively encourage those demographics," he said.

"Much of the practice of OPSEC will be conveyed from the commander down to the Soldier who we hope will pass on the importance that what a Family Member or friend puts up on the Web can unwittingly be used against us."

Regulation changes also address how technology, specifically the Internet, has changed the face of OPSEC since the last major revision to the regulations in 1995. A 2005 revision addressed new technology, but the new revision addresses technological concerns not covered in the 2005 revision.

"The Internet, personal Web sites, blogs (Web logs) - those are examples of where our adversaries are looking for open-source information about us," said Maj. Ceralde. "Open-source information isn't classified and may look like nothing more than innocuous bits of information, a piece here, a piece there, like pieces of a puzzle. But when you put enough of the pieces together you begin to realize the bigger picture and that something could be going on."

Outside of technology, Maj. Ceralde cited an example of how "innocuous" bits of information can give a snapshot

of a bigger picture. He described how the Pentagon parking lot had more parked cars than usual on the evening of Jan. 16, 1991, and how pizza parlors noticed a significant increase of pizza to the Pentagon and other government agencies. These observations are indicators, unclassified information available to all, Maj. Ceralde said.

That was the same night that Operation Desert Storm began. While Army personnel may maintain their own Web sites or post information on blogs, Maj. Ceralde said they have to be careful about what they write and what they post because even unclassified information can provide significant information to adversaries. For example, photos of deployed Soldiers to share with Family and

friends are acceptable. However, when the photo includes a background of the inside of their camp with force protection measures in plain view, an adversary who is planning to attack their camp and sees a photo like this on the Internet now knows how to counter their force-protection measures," Maj. Ceralde said. The regulation also puts a greater emphasis on commanders' responsibilities to implement OPSEC. "We tell commanders what they must do to get their people to understand and how to protect it, but commanders have to make that perfectly clear in the form of orders and directives," Maj. Ceralde said. "The other part of this tells Soldiers that if they fail to comply they may be punished under article 92 of the

Uniform Code of Military Justice for disobeying a lawful order."

Other key changes to the regulations include the addition of punitive measures for violations of specific directives, the designation of "For Official Use Only" as a standard marking on all unclassified products that meet at least one exemption of the Freedom of Information Act, directing encryption of e-mail messages that contain sensitive information on unclassified networks, and emphasizing operations security in contracts and acquisitions.

"OPSEC is not traditional security, such as information security like marking, handling and classifying information; it's not the physical security of actually protecting classified information though they're all related and part of OPSEC," Maj. Ceralde said. "OPSEC is different from traditional security in that we want to eliminate, reduce and conceal indicators, unclassified and open-source observations of friendly activity that can give away critical information."



Wayne Cook

Putting the 'fun' back in the run

More than 150 Soldiers turned participated in the Installation Run April 26. Col. David McNeil, installation commander, was joined by Col. Richard Martin, commander, 305th Air Mobility Wing, McGuire Air Force Base, and other leadership from Fort Dix for the early morning outing. Next month's run is scheduled to be held on McGuire.

delectations

Brother's I rebounds from fire

Browns Mills diner back in business

Epicurean delights



Steve Snyder
Public Affairs staff

In Egyptian mythology, the phoenix was a bird that burnt itself out every 500 years before rising again from the ashes, stronger and more beautiful than ever. In a contemporary counterpart to that ancient theme but operating on a more modest scale, the Brother's Diner I in Browns Mills has pretty much done the same thing.

It was about two years ago when fire devastated their eating establishment on Trenton Road in Browns Mills, completely gutting the premises. After insurance claims were finally exhausted and following extensive construction, the diner re-opened on March 19.

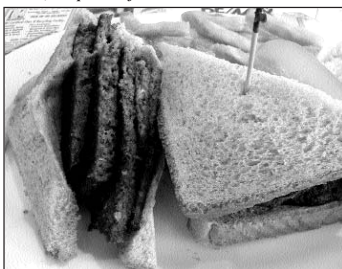
Business has been brisk and the owners of Brother's, Iskender "Sam" Kangal and his



CROWD PLEASING -- Business has been brisk for Brother's I since their re-opening.



DISCERNING PALATE -- Dr. Ray Mancuso, man about Browns Mills and habitue' of Fort Dix's golf course, samples the fare at Brother's Diner I.



HEARTY MEALS -- Like most diners, Brother's I specializes in serving hearty meals as the meatloaf sandwich, above, illustrates.



SPACIOUS ATMOSPHERE -- The new Brother's Diner appears, at least, much more spacious than the original building, containing a seating capacity of 175.



ASCENT FROM THE ASHES -- The spanking new Brother's Diner I in Browns Mills re-opened March 19 after a fire had destroyed the original building two years ago. The diner sits next to the Seven 11 on Trenton Road, straight up from Texas Avenue.

brother Cavit intend to keep it that way.

Sam notes that his new place is bigger than the old one, having a seating capacity of 175, and has more space between seats, too.

He's very curious about numbers of personnel pouring in and out of the Dix/McGuire complex because he's counting on tapping a steady military clientele after deciding to rebuild at the same location after the fire.

Kangal says **military in uniform get an automatic 10 percent discount on any meal** and he plans to begin a delivery system to Fort Dix and military housing in the near future.

Brother's Diner I is open from 6 a.m. to 11 p.m. daily. Breakfast and lunch specials crowd the menu Mondays through Fridays with dinner specials a staple every day.

I sampled a meatloaf sandwich special with french fries, ice tea and a cup of coffee for dessert recently which ran just a little over \$10. And it wasn't a bad price because the meal was filling.

Diners serve the function, I think, of putting hearty meals on the table, meals with enough food to prevent incipient hunger

pangs. That's why I like them.

I won't step into any of those petite boutique type restaurants where you have to squint to see the meager portions being served and where they think it's hip to include vegetables one's never even heard of.

And I'm sure I share a feeling common to many Dixians when I confess to wanting to escape post frequently during lunch hours. But I don't particularly care to eat a sandwich in the car, either. Take-out places are fine in their place. But it's nice to sit down in a pleasant atmosphere with enough space to spread out without listening to a phone blaring forth idiotic queries every 30 seconds.

A frank word about dining with companions is probably in order, too. While it's fun to dish the dirt and share gossip, getting stuck with acquaintances who don't know when to stop complaining can be hard on the digestion. As can dining with ladies who strongly advocate liberation except when the check arrives.

Brother's is just far enough from Fort Dix to feel like you've escaped without getting lost in those putrid swamps locals call the Pinelands. Just drive south down Texas Avenue and there it is, on your right, just behind the Seven 11.

Interesting items on the menu include a dozen steamed clams under the appetizers list which run for \$10.95.

Soups seem thick enough, with soup du jour costing \$2.25 per cup and \$2.95 a bowl.

Cold salad platters seem like they'd mix well with a soup on the side. The stuffed tomato with tuna salad platter is priced at \$7.95 and the shrimp salad platter, including a hard boiled egg, cole slaw, potato salad and garnish, charges up to \$9.95.

Griddle specialties, eggs and omelettes, and all kinds of sandwiches place prominently on the menu. The New York Reuben is listed at \$7.95, the cold corned beef special, featuring cole slaw, Russian dressing, and Swiss cheese on rye is \$6.85 and the chicken divan with chicken breast, on Pita bread with bro-

colli and cheddar cheese, costs \$7.75 and seems like it might be a taste adventure worth the risk.

Specialties of the house include Brother's I Special consisting of an open face Sirlion strip with stuffed shrimp, and stuffed mushroom with rice pilaf for \$19.95 and an Original Turkish Style Shish-Ka-Bob for \$13.95 which involves prime beef mixed in with onions, peppers, mushrooms and tomatoes over the ever-present rice pilaf.

I'm still barely awake by most lunch times, having quaffed down a couple cups of coffee before unblinking eyeballs on the computer so I don't always feel real hungry. And here's where **mini-meals at Brother's and other establishments come in handy.**

Mini-meal #1 or MM 1 at Brother's is broiled flounder at \$9.95, obviously worthy of investigation. Three slices of London Broil, MM 6, go for the same price and chicken croquettes, a fixture at most diners in the area, cost \$8.95.

All mini-meals are accompanied at Brother's with soup or salad, two vegetables and a dessert.

If you're a burger guy or gal, the diner offers some interesting varieties which include a bleu cheeseburger (common at many places but most often not done well) at \$6.75; and something called a mix burger that's topped with Mozzarella Cheese, sauteed green peppers, an onion, mushrooms, lettuce and tomato for \$6.95.

One applauds Brother's Diner I's efforts to make a go of it, then, in Browns Mills. The burg needs more places where there's actually room to sit down and enjoy a meal. We may be a fast food nation but there's room for redemption.

Supporting local eateries also pays tribute to the entrepreneurial spirit. Dining out means embracing those hardy souls who make a living by battling fickle public tastes.

For "A man hath no better thing under the sun, than to eat, drink and be merry," according to Ecclesiastes 8:15. I'll drink to that!

-Steve Snyder

Dixan on the street

compiled by Steve Snyder

"As the weather turns nice, how do you plan to take advantage of recreational and leisure activities?"

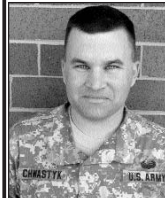
Angel Cuevas
contractor
Texas-4 Motorpool

"I ride my bike (motorcycle) to Pennsylvania, South Street (Philly), New Hope, Wildwood, Seaside... I just like to ride."



Maj. Walter Chwastyk
JTF - Port Officer (SE)

"I'm going to hit the Jersey shore (for both gambling and swimming). I'm a Philadelphia native so I know the area."



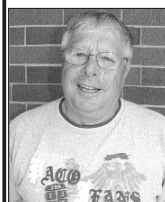
Stephanie Bell
Personnel Assistant II
HRM/ID Card Section

"I'm going to start taking walks, inhaling fresh air. My walks usually last about an hour. I like to walk along the river in Burlington."



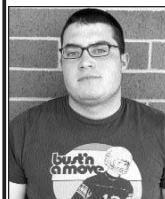
David Scott
U.S. Army (Ret.)

"I'm going to play a lot of golf (he shoots a 78), three or four times a week. I also like to take in ball games, follow the Phillies, Yankees and Mets."



Staff Sgt. Ray Sykes
716th Quartermasters

"I like to go swimming at the Post Pool, work-out at the gym, and go bowling."



Pfc. Michael Bush
U.S. Army Reserve
Store worker,
Commissary

"Sports. I play football at the shore once a week, surf at Long Beach, Spring Lake and like to skateboard."

the Post

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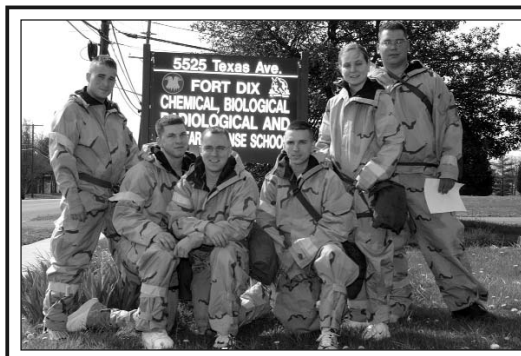
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CBRN school a blast

Students of graduating Class 006 from the Fort Dix Chemical, Biological, Radiological and Nuclear Defense School are, from left, Spc. Anthony Mazzenga, Spc. Jeremy Breidenstein, 1st Lt. Ryan Wolfe, 2nd Lt. Jason Diaz, Spc. Heather Bucher and Spc. Nicholas Prete.

Ryan Morton

Warrior Transition Brigade to focus on wounded Soldiers at Walter Reed

Kristin Ellis
Army News Service

WASHINGTON, April 25, 2007 - A new brigade aimed at overseeing the health, welfare and morale of patients at Walter Reed Army Medical Center activated here today.

The Warrior Transition Brigade, led primarily by combat veterans, will allow doctors and nurses to focus solely on medical care as brigade cadre meet Soldiers' other needs.

WTB Commander Col. Terrence McEnrick said the new unit's mission is to facilitate warriors' transition and healing process, and explained that this is critical to Soldiers overseas, as well.

"The success of this mission is important to our deployed Soldiers. They need to focus on their difficult combat tasks knowing that, if injured, they will receive the best possible care," McEnrick said. "We also need to reassure the American people that the welfare of their serving sons, daughters, spouses and Family Members is our number one priority."

The brigade employs squad leaders, case managers and primary-care managers who will work together to ensure continuity of care and a seamless transition back into the Army or return to civilian life.

Capt. Steve Gventer, WTB's Able Company commander, said the brigade will eventually have 166 cadre, including 18 platoon sergeants and 54 staff sergeants across three companies - all dedicated to helping wounded Soldiers.

The brigade's current staff of 110 Soldiers and 28 new case

managers reduces the case-manager-to-patient ratio from 1:50 to 1:17. There is also one staff sergeant for every 12 transitioning warriors who will be dedicated to de-conflicting issues that may arise while Soldiers go through the healing process.

"Their sole focus is those 12 Soldiers, that's their mission," Gventer said. "We bring people who are focused on nothing more than taking care of these wounded warriors; to get them through the system, not as expeditiously as possible, but in the best manner possible without unnecessary steps."

Most of the squad leaders are combat arms noncommissioned officers who have experience leading and caring for small

units of Soldiers.

"Combat arms Soldiers, for the most part, have always worked in small elements that develop bonds and trust very quickly. The trust element is key in their operations; these Soldiers know if bad things happen they will be taken care of - I will never leave a fallen comrade," said WTB's

Command Sgt. Maj. Jeffrey Hartless.

Maj. Christopher Ballard, WTB Bravo Company commander, agrees. "I think we do bring numbers to the fight and our experience with leading and taking care of Soldiers," he said, noting that

this is his fourth company command. "The focus is entirely different, but leading Soldiers is leading Soldiers."

Hartless, Ballard and Gventer have all been through outpatient care at one point in their Army careers. For the command sergeant major, it was during a deployment to Afghanistan that he was severely injured and evacuated thru Germany to Wal-

ter Reed.

Walter Reed staff members have trained the WTB cadre, most of whom have no medical background, on resources available to injured Soldiers and their Families.

McEnrick explained that routine interactions with case managers, squad leaders, first sergeants, platoon sergeants and others in the chain of command will help resolve issues and measure the brigade's success.

Regular surveys will be given to the Soldiers and their Families to determine the overall performance of the brigade.

The brigade will also implement a tracking system to monitor the progress of Soldiers transitioning through in- and out-processing, rehabilitation, treatment, evaluation boards and their transition back to their unit or civilian life, he said.

Assault myths dispelled

Roxanne McElroy-White
SARC

Sexual Assault Awareness Month (SAAM), is a tool to reinforce the Department of Defense's (DoD's) goal to eliminate sexual assault within the Armed Forces. The DoD Sexual Assault Prevention & Response (SAPR) Program consists of prevention, education and training, coupled with a comprehensive response capability that focuses on victim support, enhanced reporting procedures, and system accountability. DoD continues to strive toward achieving maximum safety and well-being for all its members.

DoD uses the following definition of sexual assault in its training and education program. Sexual assault is defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent.

Sexual assault includes rape, nonconsensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts. Sexual assault can occur without regard to gender or spousal relationship or age of victim. "Consent" shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, coer-

cion or when the victim is asleep, incapacitated, or unconscious. Some commonly held beliefs regarding sexual assault are exposed below, coupled with facts to challenge them.

FICTION: Rapes rarely occur.

FACT: On average, 526 Americans per day reported being sexually assaulted in 2005.

-Calculation based on data from the Department of Justice's National Crime Victimization Survey, 2006

FICTION: Men are never the target of rape.

FACT: One in 33 men (3%) and one in six women (17%) reported experiencing an attempted or completed rape at some time in their lives.

-Tjaden and Thoennes, Full Report of the Prevalence, Incidence and Consequences of Violence Against Women, 2000

FICTION: Assaultants rarely know their victims.

FACT: Over 70 percent of victims know their attacker.

-Department of Justice's National Crime Victimization Survey, 2006

FICTION: Once a restricted report has been made to your local SARC, you cannot change your preference from restricted to an unrestricted report.*

FACT: Of the 435 restricted reports, 108 victims elected to change to the unrestricted reporting option, raising the total number of MCIO criminal investigations of Sexual Assault to 2,047 in 2005.

United Communities Housing Information
Leasing Office- 723-4290
Maintenance Office- 724-0500
Maintenance Scheduling, Progress, and Trash Concerns - 724-0550
Residential Refuse Collection
Mondays:
McGuire AFB, 3800s and 3900s
Tuesdays:
All of Fort Dix, including Quarters 201, 501 and 1900
Thursdays:
McGuire AFB, 4000s, 4400s and 4500s
Recyclables are picked up every Thursday
Yard and garden waste is picked up every Monday and Tuesday
PLEASE PUT TRASH OUT ONLY ON SCHEDULED DAYS. HELP KEEP YOUR NEIGHBORHOOD CLEAN!

Soldiers aim for success



(continued from page 1)

Staff Sgt. Nichole Bower, 411th En. Bde., in the true spirit of an NCO, completed the run in third place before taking off to provide motivation to another Soldier on that event.

The second event for day one was weapons qualification, followed by a day and night land navigation exercise.

"The land navigation exercise was pretty tough," said Castel. Day two started with an interesting challenge for these Soldiers of the 77th RRC. Breaking down into teams of two, these warriors - wearing individual body armor, Kevlar, weapon and rucksack - undertook an eight-kilometer march that started at one of the ranges to the cantonment area of Fort Dix.

"Spc. Seaborough pushed me through the road march," said Vogt, referring to Spc. Daniel Seaborough, 1079th GSU. "He's a machine!!!!"

After the road march, the participants from the 77th RRC 2007 NCO/Soldier of the Year board were given time to relax and get some feeling back in their feet before tackling the final five warrior training tasks, which were: Performing a func-

tion test on the M249 Machine Gun and M203 Grenade Launcher, preparing a range card, First Aid, NBC and Operating a Radio.

The last task required of these Super Soldiers finally came down to the Oral Board. It is here that the Soldier demonstrates his or her knowledge on military matters and training to the senior enlisted members of the 77th RRC.

These Soldiers answered questions from the six command sergeants major of the 77th RRC; five who make up the members of the board, and a sixth who is appointed as president of the board.

The conclusion of the 77th RRC 2007 NCO/Soldier of the Year competition happened on the morning of day three.

Command Sgt. Maj. Najee Lunde, 413th QM Bn., president of the board, addressed the participants and sponsors before the winners were announced by saying, "Only you can make the Army better, you will carry on the honor of the Army."

"It's all about you," he added. Addressing the competitors, Maj. Gen. William Terpeluk, commanding general, 77th RRC, stated, "This is really an honor; even the weather cooperated."

"You are all winners - the elite of the 77th RRC," he added.

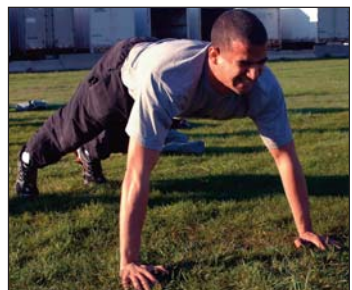
"The people that really helped with my preparation are: Staff Sgt. Ryan Quackenbush, who asked me questions daily to make sure I was prepared for the

board; Staff Sgt. Kevin Henkel, who volunteered to sponsor me on VERY short notice; and 1st Sgt. Gregory Remenick, who expects and demands the best out of everyone of his Soldiers and NCOs," stated Vogt.

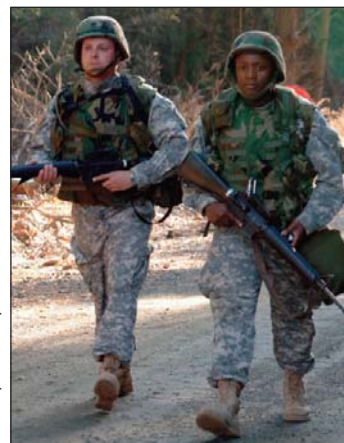
Vogt resides in Mount Ephraim with his wife Amanda and daughter Payton and is a police officer with the Department of Defense Police on Fort Dix. He has been with the 1079th GSU since May 2005.



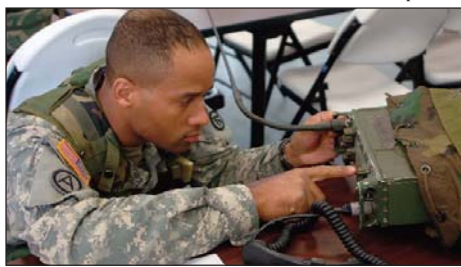
MAPPING OUT THE FUTURE — Staff Sgt. Rodney Huff, 77th Regional Readiness Command, reviews grid coordinates with Spc. Daniel Seaborough, 1079th Garrison Support Unit, during the land navigation portion of the Army Reserve's 77th RRC 2007 NCO/Soldier of the Year competition at Fort Dix April 21-22.



ALL-OUT EFFORT — Staff Sgt. Nichole Bower, 411th Engineer Bde. top left, competes in the run portion of the 77th Regional Readiness Command NCO/Soldier of the Year competition. Sgt. Troylee Ali, 413th Combat Service Support Bn., above, squeezes out a few more push-ups. Sgt. John Bonano, 1018th Quartermaster Co., left, performs sit-ups under the watchful eye of Staff Sgt. Rodney Huff, 77th RRC. Staff Sgt. Bradley Vogt, near right, roadmarches with fellow 1079th Garrison Support Unit Soldier Spc. Daniel Seaborough. Sgt. Richard Wills, above, operates a radio during the Warrior Training Task portion of the competition.



photos by Sgt. Pascual Flores, 1079th GSU



REWARD — Maj. Gen. William Terpeluk, commanding general, 77th RRC, far right, congratulates Soldier of the Year Spc. Frank Castel, second from right, and NCO of the Year Staff Sgt. Bradley Vogt, third from right. Also pictured are, from left, Spc. John Granillo, SOY runner-up, Sgt. Richard Wills, NCOOY runner-up, and Command Sgt. Maj. Welta Hill, 77th RRC.



NEIGHBORHOOD

THE CORNER

Special grants available for EFMP children

Army Community Service (ACS) Exceptional Family Member Program (EFMP) is once again able to provide grants to help defray the cost of camp for children with special needs.

These grants, known as "Camperships," are made possible from donations this year from the United Way of Burlington County, the Combined Federal Campaign and the Fort Dix Spouses' Club.

The amount of these grants is dependent upon the number of eligible families applying for the "Camperships." These grants can help parents with the cost of summer camp or summer programs offered through Child and Youth Services (CYS). Grants may be used on and off the installation to the camp of your choice. Grants will be awarded no later than this coming July.

Applications for the grants are available at ACS, Building 5201 Maryland Avenue, until May 10. Applications are to be returned to the ACS Center. Faxed or e-mailed applications will only be accepted under special circumstances.

Children must be enrolled in the EFMP program of the sponsor's branch of service to be eligible.

For more information about the summer camp scholarships call Evelyn Dingle at 562-2767.

Case Lot Sale coming to commissary

The McGuire/Fort Dix commissary Case Lot Sale will be held May 16-19.

The worldwide case lot sales event is held every May and September. The sales offer shoppers the chance to buy bulk quantities of their favorite products at savings of up to 50 percent; far above the 30 percent or more they normally save by shopping at their commissary.

Case lot sales represent one of the many ways the commissary works to bring shoppers the best benefit possible.

A complete listing of Worldwide sale dates can also be found at DCA's Web site <http://www.commissaries.com> for customers who wish to check out sales at neighboring commissaries.

Pemberton school looking for Hall of Fame nominees

The Pemberton Township High School Hall of Fame is seeking recommendations from the community for the next inductees to be installed this coming fall on Oct. 20.

Individuals recommended should have graduated at least 10 years ago from Pemberton Township High School. Information can be sent to Michael Pinto, Media Services Coordinator, Pemberton Township High School, c/o Media Services, 148 Arney's Mt. Road, Pemberton, New Jersey 08068-1313 or email it to mpinto@pemb.org prior to May 7.

Arts and Crafts contest looking for entries

The Family and Morale, Welfare and Recreation Command's Arts and Crafts program is gearing up for the 2007 Army Arts and Crafts Contest and calling for entries.

The submission deadline for Installation entries is May 25.

For more details, contact your local Arts & Crafts or Recreation facility, write to FMWR, Attn: FMWR-CR (Arts & Crafts), 4700 King Street, Alexandria, VA 22302-4418 or send an e-mail to art@fmwr.army.mil

Pennsylvania State Police looking for recruits

The Pennsylvania State Police will be in Bldg. 5201 Maryland Avenue May 1 from 10 a.m. to 1 p.m. They will have information on careers as a State Trooper. Applications are currently being accepted and hiring is ongoing throughout the year.

For more information, visit <http://www.psp.state.pa.us>

Disclaimer: This opportunity is not an endorsement of the company or the company's products or services by Army Community Service, Fort Dix or the United States Army. This is an effort to provide legitimate employment opportunities for the families of "Team Dix" and our service members preparing for retirement or separation.

Volunteers recognized for devotion to Dix



Jennifer McCarthy
Public Affairs Staff

While it may take a village to raise a child, it takes a lot more than paid employees to run an installation. Volunteer are, "the glue that keeps the community together," according to installation chaplain Lt. Col. Larry Biederman during his invocation at the Fort Dix Volunteer Recognition Luncheon held April 25 at Club Dix.

There are over 15 volunteer organizations on Fort Dix where individuals who are interested in building a stronger community can help out. Last year volunteers donated 50,365 hours of their time to making the installation a better place to live and work.

According to Sarah Johnson, Director, Morale, Welfare and Recreation, the efforts of volunteers resulted in \$1,109,692 of savings to Fort Dix.

Every year the community takes time to give a hearty thanks to those individuals and organizations that help make those savings possible. One of the highlights of the luncheon is the naming of the Volunteer of the Year. Every year Volunteer Managers and installation

volunteers may nominate outstanding volunteers for Volunteer of the Quarter and Volunteer of the Year. Volunteers of the Quarter are automatically included in the Volunteer of the Year competition. Members of the Volunteer Advisory Council then vote on the nominees in three categories: how has the volunteer supported the volunteer organization, how has the volunteer exceeded the organizations expectations, and how has the volunteer contributed to other organizations.

Nominees for this year's Volunteer of the Year were, Christina Campbell for her work with the American Red Cross, Ashleigh Diskin and Ivy Williams for their work done in Girl Scouts, Terry Smith for work done with the Environmental Program, the staff of the Fort Dix Thrift shop who raised over \$12,000 in scholarships and grants for the community, and Rachelle Robert who took home the award for her work done at Army Community Service.

"Volunteers are the best of the best," said guest speaker Andre Pierre Wilson, Sr., Program Coordinator Special Events for the Burlington County Division of Cultural Affairs and Tourism. Wilson, a retired Philadelphia Police

HELPING HANDS- Fort Dix volunteers were honored at a luncheon held April 25 at Club Dix. Nominees for Volunteer of the year, above, accept their certificates. The nominees were, Rachelle Robert, far left who won the award for her work with Army Community Service, Ashleigh Diskin and Ivy Williams, Girl Scouts, Terry Smith, Environmental Program, Christina Campbell, American Red Cross, and the Staff of the Fort Dix Thrift Shop. Luncheon guest speaker, Andre Pierre Wilson Sr., right, addresses the crowd. Wilson is the Program Coordinator for Special Events for the Burlington County Division of Cultural Affairs and Tourism

photos by Jennifer McCarthy



Awareness key to preventing investment fraud

Debora Whipple
NJ Bureau of Securities

Affinity Fraud. Know of it? It's a type of securities fraud associated with being a member of a group, such as belonging to a house of worship. However, affinity fraud involves a different kind of praying - called "preying." It is a fraud that could sadly test one's faith in people.

One definition found on the internet describes "affinity" as "A close connection marked by community of interests or similarity in nature or character." That definition provides the fundamental idea for one of the more commonly committed investment frauds used to scam victims.

Affinity fraud occurs when a trusting, hopeful, investor - the victim - connects with the scam-artist. A scam-artist commits affinity fraud by preying on a victim who is affiliated with a group or organization. The contact is made through relationships carefully developed by belonging, or appearing to belong, to the same place of worship, support group, charity, professional, cultural, ethnic, coffee club or even through a veterans' organization.

Religious groups, clubs or organizations are comprised of people who have something in common. Con artists pretending to be members of the groups, or who are members, can prey much more count on being trusted because of simply belonging to the same "group." Scam artists count on this underlying trust because they know that for a member to "distrust" or be "suspicious" of a colleague, the contact is made through relationships carefully developed by belonging, or appearing to belong, to the same place of worship, support group, charity, professional, cultural, ethnic, coffee club or even through a veterans' organization.

Affinity fraud is difficult to spot since members of a group usually trust other members. Scam artists can appear to be friends, acquaintances, or people with the same agendas. Investors often speak of the scam artist with words of confidence such as, "He's such an honest guy. He's a good guy. He belongs to my church." When asked how they know this, the response usually goes something like, "He belongs to my group (club, church, card group). This translates into meaning, "He's trustworthy and honest." When an investor is warned that all signs indicate a scam might be taking place, it can be difficult for a victim to accept that idea about someone who has seemingly become a friend. "You can trust me," says the con artist, "because I'm like you. We share the same interests and background and I can make you money."

An investigation of an affinity fraud was conducted by the New Jersey Bureau of Securities and it involved a scam carried out by Jan Lewandowski

of J.R.D. Productions. He was best known for being the leader of a Polish polka band. Lewandowski exploited the Polish Americans' desire to maintain a connection with their cultural heritage at places like Polish festivals and through tours to Poland.

He offered investors the opportunity to purchase promissory notes issued by his companies, J.R.D. Productions and Jan Lewan Show Gifts, Inc., and presented a way for them to show their Polish pride by investing in "successful" businesses - his. Lewandowski's shop, based in Hazleton, Penn. sold a range of imported goods from Poland including dolls, books and amber jewelry.

Lewandowski also sold promissory notes to his customers. In exchange for a minimum investment of \$2,000, investors were guaranteed returns of up to 20%. Almost to the end, Lewandowski continued to promise the "babcias" (the "grandmas") that their money was safe. However, it was not safe, it was in Lewandowski's own accounts and used for his own personal expenses.

There were 50 to 60 investors who lost their money by investing with Lewandowski.

Lewandowski was always approachable. He was always prompt to return phone calls. He did nothing but reassure investors that everything was okay. Most investors were so confident that they rolled over their investment (principal and interest), but those who chose to receive interest payments, received a ten or twelve dollar check each quarter. Regardless of whether they rolled over their investment or took their profits out, the investors received regular account statements - statements that were all fraudulent. Lewandowski was as creative with his music as he was with his finances - everything was a fraud.

When the Bureau of Securities brought suit against Lewandowski for securities fraud, he declared bankruptcy. The Bureau ultimately got a \$950,000 civil judgment against Lewandowski. Finally, in 2007, investors have begun to receive payments to partially compensate them for their losses.

What does this type of story mean to the investor who wants to be savvy? Investors should know that with affinity fraud, the potential victims often include new arrivals to the United States, members of long-established minority groups and all types of religious groups.

The "new arrivals" group could include members of the military not familiar with the new area in which they find themselves living. They can be seen as prime targets. Sometimes isolated from the surrounding community, their access to information is limited by language or other barriers. This isolation is

often due to a lack of familiarity with the new surroundings, the lack of information for finding legitimate resources and can provide perfect situations for being victimized.

Other victims include members of long-established minority groups who have worked years to accumulate savings and a certain standard of living. Often, these hard working individuals want to give back to help others. This honorable gesture to do good provides a perfect set-up for con artists who share the same ethnic or cultural background but who are motivated by greed and want to benefit from someone else's

hard work. Belonging to a house of worship, a temple, a church, a mosque or another group, might provide the basis for a fraudulent claim of endorsement from the establishment. Investors have even complained about fraud and abuse by "born again" financial planners or givers of "divinely inspired" investment advice.

Investors need to ask questions and should always be comfortable with reaching the state securities regulator (In New Jersey, the number is 1-866-I-INVEST) to get background information.



Steve Snyder

Celebrating excellence

Jerry O'Hagan, left, director of sales and marketing for Industries for the Blind, Inc. out of Winston-Salem, N.C., joins (l-r) Stella Samaritano, assistant manager of Paperclips, Etc., Fort Dix Commander Col. R. David McNeil, Paperclips Manager Janita Samuel and Peggy Lovel, director of operations for the local Base Supply Center (which supports Paperclips stores nationwide), in celebrating 10 years of stellar service by Paperclips, Etc. on Fort Dix. Tickets to Phillies and Mets games and other prizes were raffled off to customers joining in the celebration, which also included a food spread fully capable of serving as a substitute for lunch. O'Hagan presented Col. McNeil with a plaque signifying appreciation of Fort Dix's support of labor by the blind which produces many of the goods sold in Paperclips, Etc. and other Base Supply Center-sponsored stores. O'Hagan quoted one blind worker who said "If I can't be on the 'physical' battlefield, my work is being there protecting some soldier so he can get back home to his wife or his mother." That's typical of the patriotism buttressing Paperclips' production, rapidly becoming a tradition upon Fort Dix.

MILITARY MATTERS

Unit takes final steps before deploying



Ryan Morton

EVALUATION -- Staff Sgt. Christina Jeffers, 151st RSG, performs her duties as her unit goes through the final stages of its ARTEP.

Ryan Morton
Public Affairs Staff

Fort Dix plays a major role in training Soldiers for all types of missions. With the Global War on Terrorism in full swing, Dix serves as one of the leading mobilization centers in preparing Soldiers for war.

Soldiers are trained on tasks including theater-immersion, security forces, and convoy operations training, just to name a few. Soldiers go through course work in matters such as Improvised Explosive Device (IED) detection and avoidance, detainee operations, and land navigation, among others.

Some units come through to train for more specialized missions. One such unit is the 151st Regional Support Group. They are a part of the Massachusetts National Guard, hailing from Wellesley, Mass., and just completed their pre-deployment training.

Comprised of approximately 58 Soldiers, they performed mis-

sions associated with base defense operations, which is what they will be doing in theater. They will be running a Tactical Operations Center (TOC). As part of their Army Training Evaluation Program (ARTEP) they set up a mock TOC and ran it performing operations they would be doing on their upcoming mission. An ARTEP represents the final training measures a unit performs before leaving domestic soil.

Base defense operations means that the 151st RSG has the responsibility of ensuring the protection of a compound and making sure that their area of operations cannot be infiltrated by outsiders.

The mock TOC helps not only by showing the Soldiers what they will be doing, but also because it encourages teamwork.

"The ARTEP is really good because it puts us in an environment and helps us become more cohesive working together and better as a team," 151st Command Sgt. Maj. Kolleen Dickinson said.

In this particular scenario, the Soldiers work together inside the TOC using various, high-tech equipment to keep an eye on potential enemies in the area of the defense operations.

"We're getting better as we work together on this and we're getting the flow of the action and it's starting to run more smoothly," Dickinson said.

This unit arrived at Dix in early March and the Soldiers appear to have really meshed well together and seem to be ready for the mission at hand.

"My goals coming into Dix were building cohesiveness, getting in sync, and staff development. I think we're showing some great signs and I feel very good about where we're going as a group," Col. Bill Callahan, the 151st RSG commander, said.

It is a group with a wealth of experience as many have deployed for various GWOT operations before, including Callahan and Dickinson who are training at Dix for the second time. Both came through the installation to train for OIF I and

rave about how far the training has come.

"I think the trainers here working the lanes bring a wealth of experience to the training here from being over there and seeing it firsthand. They build scenarios that have a sense of realism to them and the training is night and day from where it was four years ago when I was here last," Callahan said.

That "wealth of experience" has Callahan feeling very confident with the Soldiers he has and their abilities to handle the tasks of the mission at hand.

"We have some highly intellectual people with distinguished civilian careers who are extremely capable of handling the responsibilities set forth," Callahan said.

Those civilian careers include fields such as law enforcement, engineering, and law, among others adding to the diversity of this group.

Overall, their primary focuses are to do an effective job and bring everybody home safe and sound in one piece.

Lightning Division readied for transfer

Col. James E. Bagley
1st Bde., 78th Div.

Houston, we have no problem. That was the message that the 1st Brigade, 78th Division staff delivered to the 75th Division headquarters when they visited Texas to discuss the upcoming transfer of the Lightning Brigade from the 78th Division to the Houston-based 75th Division.

The trip was part of a continuing process to ensure the smooth and efficient transfer of the brigade, which is scheduled for July 1. The impending transfer is part of a major U.S. Army Reserve Command restructuring that will realign the five Battle Command Training Brigades (the 1st Brigades of the 75th, 78th, 85th, 87th, and 91st Divisions) under the 75th Division, which will then provide Battle Command Training for Reserve Component units across the United States.

Lt. Col. Laruec Sendel-Grant, Lightning Brigade S3 and transfer lead, offered that this action will structure the 75th Division and subordinate

brigades to support the ARFORGEN requirements by standardizing TDAs and capabilities in personnel, equipment, contractor support and facilities. The transfer will also enable the 75th Division to provide tactical level combined arms training that replicates Joint Interagency Intergovernmental Multinational (JIIM) operations in full spectrum Contemporary Operating Environment (COE) at locations worldwide. This action is also intended to develop efficiencies in resourcing and training and bring the Army Reserve in line with the Army's Battle Command Training Program.

The 1st Brigade has been intensively managing this transition process for several months with its Lightning Operational Planning Group (OPG) and working in collaboration with the staffs of the two divisions. The Brigade has embraced the new Division's motto, "Make Ready," and focused its energies to ensure that it is prepared to effect this transfer without any disruption to mission or Soldier support.

Last week's trip to Houston was a follow-up to a visit by the

75th Division staff in March. That visit entailed staff principals from Texas traveling to Edson to meet with their 78th Division staff counterparts and the 1st Brigade at Fort Dix to coordinate detailed aspects of the battle handover.

The close collaboration of all elements is critical because of the complex nature of personnel, training, and resource management systems.

This second meeting between the "Youst Guys" and the "Yalls" on April 18-20 was extremely productive. The Lightning Brigade staff was able to continue the professional dialog and achieve additional progress. Sgt. 1st Class Dave Nigello, Lightning Brigade Resource Management NCOIC, said, "Even though the trip resulted in new work, it increased my comfort levels and reduced anxiety associated with the transfer."

Lt. Col. Kate Zentar, Lightning Brigade Adjutant, indicated, "We all use the same basic data, but different organizations have different methods of presentation for that data, and understanding the 75th Division way is a key to success." For her, the visit pro-



courtesy photo

FOLLOW-UP VISIT -- Staff leaders from the 1/78th met with the 75th Div. in Texas as the Lightning Division is being prepared for handoff to the 75th. This was the second meeting between the two divisions to ensure a smooth transition.

vided "another perspective on ways of doing business and an opportunity to explore best practices between the two organizations and discover ways to improve communication."

Col. Ray Palma, Brigade Executive Officer and S6, was enthused because the face-to-face meetings "offered the

chance to brainstorm, a dynamic much easier to accomplish in person."

Master Sgt. Charlie Scheels, Brigade S2, appreciated hearing the 75th Division's plans and vision during the briefings. "This is an exciting time to be in this community because we are breaking ground and developing

a unique and robust training capability for the Army Reserve."

The personal interaction of these visits was critical because it reaffirmed individual commitment to the transfer process and that investment is expected to pay great dividends for the command.

Airmen train at Dix for overseas broadcast mission



Ryan Morton

RAPID FIRE -- Air Force Staff Sgt. Nicolas Kurtz fires the M-2, .50 caliber, machine gun. Sitting behind him are Senior Airman Anthony Kuhn on the left and Senior Airman Daniel Hicks on the right.

Ryan Morton
Public Affairs Staff

Fort Dix has been extremely busy with Soldiers rolling through the installation for pre-deployment training. In fact Dix is one of the leading mobilization centers in the country as more than 97,000 Soldiers have mobilized and demobilized since Sept. 11, 2001, with many more to come. But now, with the Global War on Terrorism (GWOT) in full swing, other branches of the military are being asked to step forward and help the cause as well. Sailors, Airmen, Marines, and Coast Guardsmen have trained and continue to train at Dix too.

In fact, right now there are dozens of Airmen on the ground training for GWOT support missions including nine who are preparing to go to Iraq to perform a broadcast-based task. These particular Airmen are from the American Forces Network, or AFN. AFN is the military's primary broadcast network affiliate that supports and offers programming to the military forces overseas.

The training they have performed at Dix is unlike anything they have done before. On this day, they participated in weapons familiarization training. The artillery-piece: the mother of all machine guns, the M-2 .50 Caliber, machine gun. The armor-piercing capability this weapon has makes it very unique and one of the most feared and respected weapons the military has.

"The M-2 is very intense," Air Force Staff Sgt. Nicolas Kurtz,

AFN, said. "It was awesome to use. When you fire it, the first few rounds really send a massive jolt through you and the adrenaline just kicks in right through the roof. It's very exciting and I think everybody had a really good time out there."

Kurtz works for AFN Japan at Yokota Air Base. His AFN broadcast personnel feature Airmen stationed in all areas of the globe from various AB's such as Ramstein and Spangdahlem in Germany, Aviano in Italy, and Incirlik in Turkey.

They will produce a daily command information (CI) newscast called "Freedom Journal Iraq." The focus of the stories will be on Iraqi rebuilding, field hospitals, and other types of missions associated with Operation Iraqi Freedom. They will also do CI radio shows featuring music and news, and will perform tasks wherever else they are needed.

"The training is surprisingly tough. We've never really done it before, but it's a good experience for us," Kurtz said. "We really didn't know what to expect, especially with the big storm. It's been very challenging with very good first-hand instruction from the trainers here. We're working really hard and things are going very smoothly."

Living Army Values 'comes from the heart'

Lt. Col. Roger Cotton
Deputy Installation Commander

"You must love those you lead before you can be an effective leader. You can certainly command without that sense of commitment, but you cannot lead without it. And without leadership, command is a hollow experience."

Those words were spoken by the former Army Chief of Staff, General Eric Shinseki. They ring true whether you lead your family, a squad, an installation or a business. We are all leaders, and have the tremendous privilege, opportunity and duty to make things better. Each of us can make a difference by protecting and serving our subordinates, teammates, seniors and family. As a husband and father of four, I am always watchful to protect my family from today's threats. I also love our Soldiers and know that fathers and mothers have entrusted their sons and daughters into our care. We must protect them and we cannot let them down from that basic leadership duty.

The Army is a value-based organization. We made it easy for infantrymen, like me, to remember our values; the first letters spell the acronym LDRSHIP: loyalty, duty, respect, selfless service, honor, integrity, and personal courage. These values help define our identity and character, and provide guideposts for personal development and moral reasoning. These values provide the foundation for leadership, but they must be rooted in love for the people we lead.

This doesn't come from a wallet card, dog tag or Field Manual; they come from the heart. April is a month with many designated themes related to building awareness and preventing the violation of these values. Let me discuss two that are critical to commanders, affect mission accomplishment, and scar people we hold dear for life: substance abuse and sexual assaults. Let's also look at what we can do to prevent abuse, support victims, and strengthen our ranks to make us a stronger team.

Drug use supports terrorism

Substance Abuse is a threat to our families and nation. Do you realize that buying drugs supports terrorists? Many of our

country's illegal drugs come from Afghan poppy plants. During the Vietnam conflict, there was evidence that our enemy tried to facilitate the availability of drugs to our Soldiers to attack our combat readiness. Alcohol and drug-related charges were involved in more than a third of all Army criminal prosecutions of Soldiers in the two war zones.

We must close ranks and keep drugs out of our communities. One way we monitor and discourage drug use is through random drug testing. Last year, we tested over 7,000 Soldiers and 173 civilian employees, of which 96 Soldiers and 4 civilians tested positive for drugs. This is a marked decrease in the previous two years, but it is still too many.

Alcohol is not always treated like a drug, but it is often used irresponsibly. It is also a fact that more than 90% of sexual assaults prosecuted by the military involve alcohol use. Our Air Force has an alcohol policy that fits well for all substances: 0 tolerance for substance abuse, 0 drunk driving offenses, only 1 drink per hour, and a max of 3 drinks per night (0-0-1-3). The Army will not tolerate substance abuse and will enforce the Uniform Code of Military Justice against abusers, but we will also offer counseling services to assist Soldiers and civilians who know they have abuse problems and need help. We have to create a culture that encourages our troops to make responsible choices. They have to understand the consequences and dangers. Sometimes stress from job changes, combat or other emotional events lead to Post-Traumatic Stress Disorder (PTSD), depression and other types of anxiety, and some turn to alcohol or drugs to cope. There are other more effective ways to manage feelings and emotional problems. We have a wealth of people on your team to help, especially the Army Community Services, Army Substance Abuse Program, and the Chaplains. If you have a concern, they are ready and capable to help.

"Soldiers must continue to live by the Army Values and treat each other with dignity and respect. By doing so, we will make great strides toward eliminating sexual assault in our Army" - SMA Kenneth Preston.

PTSD has received a lot of press lately as a consequence of

combat stress, but some research has connected sexual harassment or assaults to the disorder, especially among female Soldiers. Women face some unique stresses through their military experience. One DoD report revealed that nearly one-third of female veterans seeking health care through the Veteran's Administration experienced rape or attempted rape during their service. Stress from crass sexual jokes and innuendos lead women to build defensive shields like sarcasm and isolation to avoid uncomfortable situations. Many women face the daily burden of representing their gender by being strong and showing less emotion, and they have little opportunities to relax with other females to avoid ridicule. For many, there is no break. For some, previous childhood abuse increases their risk of abuse as adults, and weak leaders without values sometimes use their rank or position to prey on these Soldiers. Many victims feel responsible for poor choices and many turn to substance abuse to cope.

Commanders, over 160,000 female Soldiers have deployed for OEF/OIF and if they are not 100% focused on the battlefield, they could die!

One contributing factor is pornography. Pornography reinforces the message that women, and children, have no value or worth and are toys to be used for sexual pleasure. It shows a complete disrespect for their personhood. Exposure to pornography has been linked to sexual violence against women and children. With greater reliance on the internet for daily work, more people are vulnerable to the active attacks by porn producers to draw men, women and children to their websites. Every second 28,258 internet users are viewing pornography and every second \$3,075 is spent on pornography. Porn continues to assault us because porn is BIG business. The porn industry revenues are larger than the revenues of the top technology companies Microsoft, Google, Amazon, eBay, Yahoo!, Apple, Netflix and EarthLink, combined! Internet users should consider installing internet filters for protection. The average age of first Internet exposure to porn is 11 years old, often seen while completing homework. With this amount of money and aggressive

advertising, what impact does this have on our societal views of women, and innocent children?

Facts show that 1 in 3 women and 1 in 6 men will be sexually assaulted in their lifetime. Every 2 1/2 minutes, someone in America is sexually assaulted. On average, 526 Americans are raped per day. 1 in 33 men and 1 in 6 women reported experiencing an attempted or completed rape at some time in their lives! Over 70% of victims know their attackers. Fort Dix had 11 cases of sexual assault in 2006 (two were male-on-male). While some may discount these numbers and claim false allegations were made after a consensual encounter, national statistics reveal that only 3% of all reported sexual assaults were false.

Stand Up Against Sexual Assault...Make a Difference!

We are committed to sensitive care of victims, aggressive, thorough and fair investigations and accountability for criminals. Most victims are women. Teach your female Soldiers, wives and children self-defense.

Remind them that alcohol is involved in most assaults and to never leave their drink alone so

drugs can't be added to it! Remember, if you are sexually assaulted, it is not your fault! Go to a safe location away from the attacker, preserve all evidence, and contact your local Sexual Assault Response Coordinator (SARC; 609-562-6343), Installation Victim Advocate (IVA; 609-694-8724) or health-care provider for immediate help. You can also call the Burlington County Rape Care Program at (856) 234-8888 or Military One Source (800) 342-9647. You have the option to submit a restricted report to the SARC, medical personnel, or a Chaplain in order to receive medical treatment and support services without triggering the investigative process. This will give you time to consider your options, but it can affect the investigative need for evidence. You can also submit an unrestricted report to your chain of command or the police that will result in receiving medical care and support services, and an immediate investigation.

The facts hurt, don't they! It is especially heartbreaking for unit leaders to commit sexual assault against their own troops.

My response is "NOT IN MY ARMY!"

Commanders, we've got to put our energy into growing a Command Climate that does not tolerate any sexual harassment or assault in our units. Period. We have requirements for sexual assault prevention training and education. Beyond that, our standards and actions will set or destroy a climate where Soldiers truly love each other enough to put their welfare above their own.

We raise the bar and expect them to live the Army and personal values...to put others before their own selfish desire for sexual fulfillment. Loyalty to fellow Soldiers, Duty to country and your unit, Respecting others rather than using them for selfish gain, Selflessness, Honor, Integrity, Personal Courage to do the right thing...these are more than words...they are the values that bring nobility to our service. Stand Up to this, you CAN make a difference!

(Editor's Note: Deputy Installation Commander Lt. Col. Roger Cotton's Quality of Life commentary appears periodically in the Fort Dix Post.)



Ryan Morton

MPs have banner day

Sgt. 1st Class James Irwin, 79th MP Company Detachment commander, and Staff Sgt. Kirk Smith, 79th MP Company first sergeant, receive the Yellow Banner before their unit departs for a deployment in support of the Global War on Terrorism. The 79th MP Company is a part of the Minnesota National Guard.

Announcements



Movie Schedule
at the McGuire AFB Theatre
Movie Hotline 754-5139

Friday, April 27 @ 7:30 p.m.

300 - Gerard Butler, Lena Headey - In 480 B.C. a state of war exists between Persia, led by King Xerxes, and Greece. At the Battle of Thermopylae, Leonidas, king of the Greek city state of Sparta, leads his badly outnumbered warriors against the massive Persian army. Though certain death awaits the Spartans, their sacrifice inspires all of Greece to unite against their common enemy. Based on the graphic novel by Frank Miller (Sin City) and Lynn Varley. **MPAA Rating: R** **Run Time: 117 minutes.**

Saturday, April 28 @ 7:30 p.m.

Zodiac - Mark Ruffalo, Jake Gyllenhaal - In the late 1960s and 1970s, fear grips the city of San Francisco as a serial killer called Zodiac stalks its residents, investigators and reporters become obsessed with learning the killer's identity and bringing him to justice. Meanwhile, Zodiac claims victim after victim and taunts the authorities with cryptic messages, cyphers and menacing phone calls. **MPAA Rating: R**, **Run Time: 158 minutes.**

Future Features...

The Last Mimzy

Friday, May 4 @ 7:30 p.m.
PG, 98 min.

Teenage Mutant Ninja Turtles

Saturday, May 5 @ 7:30 p.m.
PG, 87 min.

Main Chapel

562-2020

Sunday Services

Protestant at 9 a.m.

Catholic Mass at 10:15 a.m. Gospel at 11:30 a.m.

Catholic CCD is held at 9:15 a.m.

Protestant-Gospel Sunday School at 10:00 a.m.

Religious Services

Islamic Prayer room

open 7 a.m. to 4:30 p.m. Monday through Friday - Room 24

Adult Bible Study

Wednesdays at noon and 7 p.m.

Catholic Adult Bible Study - Sundays, 11:30 a.m.

Christian Women of the Chapel hold a Bible Study - Tuesdays, 9:30 a.m. to noon

Christian Men of the Chapel

hold a Prayer Breakfast - Fourth Saturday of each month, 9:00 a.m. to 11:00 a.m.

Youth of the Chapel

Every second and fourth Tuesday - 7:00 p.m. to 9 p.m.

Jewish Services

Contact the Chapel for dates and time

Organizations

305 MDG Pharmacy information

Patients using the 305 MDG Ambulatory Health-care Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.

Current prescriptions may be refilled 24 hours-a-day, seven days a week, by calling 754-9470. Refills can be requested seven to ten days before the prescription runs out. Refills are ready for pick-up two duty days after being phoned in.

WIC Program available

Women, Infants and Children (WIC) is a federally funded supplemental nutrition program for pregnant and breastfeeding women, infants and children under the age of 5. Eligibility for the program is based on an income and nutritional or medical risk. WIC can provide infants with iron-fortified infant formula, cereal and juice. Children and women receive milk, cheese, eggs, cereal, juice, peanut butter or beans. Women who breastfeed and do not use any infant formula may also receive carrots and tuna.

The Burlington County WIC Program has clinic sites throughout the county. Evening appointments are available. To learn more about the program call WIC at 267-4303

Red Cross seeks volunteers

The American Red Cross is looking for volunteers to help at the warehouse. Interested individuals must be able to lift boxes and have experience in inventory control. Contact Patricia Selk-Welkenbach at 562-2258.

Channel 2

24/7 information

Family Advocacy

562-5200

Chaplain

562-2020

American Red Cross

562-2258

Army Emergency

Relief

562-2767

Youth Center

Bldg. 1279 Locust Street
562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

April Schedule

Finesse Dance practice
April 28
4 - 5 p.m.

Mondays - Fridays

Power Hour
2 - 4:30 p.m.

Computer Lab
4:30 - 6 p.m.

Tuesdays

SMART Start

3:45 - 4:45 p.m.

Wednesdays

Sports and Fitness

3:35 - 4:45 p.m.

Thursdays

Tech Club

3:45 - 4:45 p.m.

Fridays

Arts and Crafts

3:45 - 4:45 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

Army Community Service

Bldg. 5201

562-2767

Hours of Operation:
7:45 a.m. - 4:30 p.m.

April Schedule

International Spouse Group

April 27
11:45 a.m. - 1:00 p.m.
ACS Conference Room

Sexual Assault Awareness Luncheon

April 27
11 a.m. - 1:30 p.m.
Club McGuire

AFTB Level I

April 27
11:30 a.m. - 12:30 p.m.
American Red Cross

Playgroup 18 months - 3 yrs

April 30
11 a.m. - 12:30 p.m.
McGuire CDC #1

For more information call
Deraurah Wilson at 562-4830

McGuire AFB Family Advocacy Program

754-9680

April Schedule

Parents Anonymous Support Group

Tuesdays
Falcon Courts Chapel
11 a.m. - 1 p.m.

The More the Merrier: Playgroup for Multiples

first Friday of the month
PAX terminal

Anger Management
first three Fridays of the month
Health and Wellness Center
1 - 3 p.m.

For information and
registration call 754-9680

MOBILIZATION NEWS YOU CAN USE

WDIX
Commander's
Channel 2

WDIX
Commander's
Channel 2

Post Shuttle Bus

562-5888

Monday to Sunday -- 7 a.m. to 10 p.m.
During the day Starr Tour buses are used,
in evening the military Bluebird buses are run.

Dix Shoppette/Class Six/ Gas Station

723-0044

Bldg. 5359, Texas Ave.
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

BX/PX & Mall

723-6100

Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

Commissary

754-4154

Monday to Friday - 7 a.m. (early bird) to 8 p.m.
Saturday - 9 a.m. to 8 p.m.
Sunday - 10 a.m. to 7 p.m.

Military Clothing/Sales Store-Alterations

723-2307

Bldg. 5601, Texas Ave.
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Firestone

723-0464

Bldg. 4201 on Texas Ave.
Monday through Friday - 7 a.m. to 7 p.m.
Saturday - 7 a.m. to 5 p.m.

Recreation Center

562-4956

Bldg. 5905 on Doughboy Loop.
Monday through Friday - 1 to 10 p.m.
Saturday and Sunday - noon to 11 p.m.
AT&T Cyber Zone offers computer access for a fee

Fort Dix Post Office

723-1541

6038 West 9th St.
Monday to Friday -- 8:30 a.m. to 4:30 p.m.

Saturday -- 9:00 a.m. to noon

Lobby hours

Monday to Friday 7:00 a.m. to 7:00 p.m.

Burger King

723-8937

Bldg. 5399, Texas Ave.
Monday to Saturday 6 a.m. to 8 p.m.
Sunday 7 a.m. to 8 p.m.

McGuire Gas Station

723-4708

East Arnold Avenue by the 24-hour gate
Monday to Friday -- 6:30 a.m. to 7 p.m.
Saturday -- 9 a.m. to 7 p.m.
Sunday -- 9 a.m. to 6 p.m.

Spouses' Club Thrift Shop

723-2683

Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of each month - 4 to 8 p.m.
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.

Dining Facilities

Bldgs. 5640 and 5986

Breakfast Mon - Sun 6:00 to 7:30 a.m.
Lunch Mon - Sun 11:30 a.m. to 1:00 p.m.
Dinner Mon - Sun 4:30 to 6:00 p.m.

Outdoor Recreation

562-6667

Bldg. 6045 Doughboy Loop
Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

Java Cafe and Computer Lab @Club Dix

723-3272

Monday - Friday - 7 a.m. to 10:00 p.m.
Saturday-Sunday - Closed.

McGuire Shoppette

723-4705

East Arnold Avenue by the 24-hour gate
Monday to Thursday -- 6:30 a.m. to 9 p.m.
Friday -- 6:30 a.m. to 7 p.m.
Saturday -- 9 a.m. to 10 p.m.
Sunday -- 9 a.m. to 7 p.m.

Club Dix

723-3272

Dix Cafe

Tuesday to Friday 11 a.m. to 1 p.m.

Revolutions Lounge

Opens 4:30 p.m. Tuesday to Sunday

Karaoke every Thursday at 8 p.m.

Read the Post!

Contaminant	Violation (Yes / No)	Level Detected	Unit of Measurement	MCLG	MCL	Likely Source of Contamination
Microbiological Contaminants						
Total coliform bacteria	No	0.01	None	0	*	Naturally present in environment
Turbidity	No	0.137	NTU	N/A	0.3	Soil runoff
Inorganic Contaminants						
Antimony	No	2	ppb	6	6	Discharge from petroleum refineries, fire retardants, ceramics, electronics, and solder
Arsenic	No	1	ppb	0	5	Erosion of natural deposits, runoff from orchards, runoff from glass and electronics product waste
Barium	No	0.8	ppm	2	2	Discharge from drilling waste, discharge from metal refineries, erosion of natural deposits
Beryllium	No	1	ppb	4	4	Discharge from metal refineries and coal burning factories, discharge from electrical, aerospace, and defense industries
Cadmium	No	1	ppb	5	5	Corrosion of galvanized pipes, erosion of natural deposits, discharge from metal refineries, runoff from batteries and paints
Chromium	No	1	ppb	100	100	Discharge from steel and pulp mills, erosion of natural deposits
Copper	No	0.3	ppm	1.3	AL=1.3	Corrosion of household plumbing systems, erosion of natural deposits, leaching wood preservatives
Cyanide	No	20	ppb	200	200	Discharge from steel/metal factories, discharge from plastic and fertilizer factories
Fluoride	No	0.90	ppm	4	4	Erosion of natural deposits, water additives which promotes strong teeth, discharge from fertilizer and aluminum factories
Lead	No	0.005	ppb	0	AL=0.015	Corrosion of household plumbing systems, erosion of natural deposits
Mercury	No	0.04	ppb	2	2	Erosion of natural (inorganic) deposits, discharge from refineries and factories, runoff from landfills, runoff from cropland
Nitrate	No	0.23	ppm	10	10	Runoff from fertilizer use leaching from septic tanks sewage, erosion of natural deposits
(as Nitrogen)	No	0.1	ppm	1	1	Runoff from fertilizer use, leaching from septic tanks, sewage, erosion of natural deposits
Nitrite	No	1	ppb	50	50	Discharge from petroleum and metal refineries, erosion of natural deposits, discharge from mines
(as Nitrogen)	No	1	ppb	0.5	2	Leaching from ore processing sites, discharge from electronics, glass, and drug manufacturing factories
Selenium	No	1	ppb	0.5	2	Leaching from ore processing sites, discharge from electronics, glass, and drug manufacturing factories
Thallium	No	1	ppb	0.5	2	Leaching from ore processing sites, discharge from electronics, glass, and drug manufacturing factories
Organic Contaminants						
Total trihalo-methanes (TTHM)	No	47.3	ppb	N/A	80	By-product of drinking water chlorination
Toluene	No	0.0002	ppm	1	1	Discharge from petroleum factories
Vinyl chloride	No	0.11	ppb	0	2	Leaching from PVC piping, discharge from plastics factories
Xylenes	No	0.0003	ppm	1	1	Leaching from PVC piping, discharge from plastics factories
Methyl tertiary butyl ether (MTBE)	No	0.50	ppb	70	70	Leaching from underground gasoline and fuel oil tanks, gasoline and fuel oil spills
Naphthalene	No	0.32	ppb	300	300	Discharge from industrial factories, exposure to mothballs
1,1,2,2-Tetra-	No	0.3	ppb	1	1	Discharge from chloroethane industrial chemical factories
Secondary Contaminants						
		Level Detected	Unit of Measurement	RUL		
Iron	No	0.08	ppm	0.3		
Manganese	No	0.01	ppm	0.05		
Sodium	No	7	ppm	50		
*Systems that sample < 40 times per month, the MCL is 1 positive monthly sample. More than 40 times per month, of coliform bacteria in 5% of the monthly samples.						
Note: The USEPA requires monitoring for over 80 drinking water contaminants. Those contaminants listed in the table above are the only contaminants detected in your water.						
MCLG - Maximum Contaminant Level Goal; MCL - Maximum Contaminant Level; AL - Action Level; ppm- parts per million; ppb - parts per billion; NTU - Nephelometric Turbidity Unit; RUL - Recommended Upper Limit						

The above table shows results of the Fort Dix Water Filtration Plant's monitoring from the period Jan. 1 to Dec. 31, 2006.

Drinking Water Consumer Confidence Report released

IAP World Services is pleased to present our 2007 Consumer Confidence Report for Water Quality. This report is designated to inform you about the quality of water and services provided to you every day during the calendar year of 2006. Our continuous goal and commitment is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts made to continually improve the water treatment process and protect our water sources. The U.S. Environmental Protection Agency (USEPA) requires all water providers to produce and dis-

tribute Consumer Confidence Reports on an annual basis under the Safe Drinking Water Act Amendments of 1996.

The Fort Dix Source Water Assessment Report and Summary for the water supply system can be obtained by logging on to the New Jersey Department of Environmental Protection (NJDEP) website at www.state.nj.us/dep/swap or by contacting the NJDEP Bureau of Safe Drinking Water at (609) 292-5550. You may also contact the Fort Dix Environmental Office at (609) 562-2189 for information regarding the source water protection plan that pro-

vides additional potential sources of contamination.

Source of Drinking Water

Water being delivered to you is pumped from the Rancocas Creek and the Potomac-Raritan-Magothy (PRM) Aquifer System; as well as, the Englishtown, Cohansey, and Wenonah-Mt. Laurel Aquifers. An aquifer is an underground geological formation, or group of formations, containing water, and is a source of groundwater for wells and springs.

The amount of water that is diverted from the Rancocas Creek is restricted under Fort Dix's water allocation permit which

sets a maximum permissible diversion flow rate. Restrictions limit Fort Dix from withdrawing any surface water from the Rancocas Creek, if the downstream flow rate falls below the minimum flow rate specified in the water allocation permit.

Water from the Rancocas Creek is classified by the State of New Jersey, Bureau of Safe Drinking Water, as **Fresh Waters, Category Two (FW-2) Non-Trout**. The water classification declines from generally good to poor from the headwater segments of Rancocas Creek to the main stem. Degradation takes place primarily around developed areas. Agricultural runoff and failing septic systems are causes of pollution in the headwaters of the Rancocas Creek.

Fort Dix is currently permitted to divert groundwater from four main wells located within the Fort Dix cantonment area, Well Nos. 2, 4, 5, and 6 (there is no Well No.3 and Well No. 1 has been permanently sealed) as well as a number of range wells. Wells located within a depleted portion of the New Jersey Department of Environmental Protection Water Supply Wells located within a depleted portion of the New Jersey Department of Environmental Protection (NJDEP) Water Supply Critical Area No. 2, of the PRM aquifer, are subject to withdrawal limitations.

Water Filtration Plant

The Fort Dix Water Filtration Plant is a conventional rapid sand filter plant consisting of the following unit operations: rapid mixing, flocculation (a process where solids in water aggregate through chemical action so they can be separated for water), sedimentation (solids settling by gravity), and multimedia filtration. The water is treated at the Water Filtration Plant with aluminum sulfate for flocculation and clarification. Chlorine is introduced for disinfection and Flu-

oride for the prevention of tooth decay.

The main source of raw water for the Water Filtration Plant is from the Rancocas Creek. Additionally, on a need-only basis, the facility production can be supplemented with groundwater from Well Nos. 5 and/or 6 (information on these wells will follow). In the past few years, several components of the Water Filtration Plant have been continuing to be upgraded. The construction of a new contact tank at the Water Filtration Plant is 95% completed which will lengthen the detention time, thus increasing removal efficiency. While prior improvements to the Water Filtration Plant have enhanced potable water (water that is safe for drinking and cooking) supply quality; hence, meeting or exceeding requirements, the treatment capacity of the facility has not been increased. The following additional enhancements were made to the system in 2006:

1. To reduce turbidity in the finished water, the gravity sand filters' computerized command control software and hardware were upgraded and reprogrammed.

2. To improve finished water pumping efficiency rates, two high duty split case pumps were rebuilt.

IAP World Services and Fort Dix Directorate of Public Works received a permit from the New Jersey Department of Environmental Protection to introduce a pH process adjustment. This process adjustment consistently maintains iron and manganese removal rates well below the State maximum contaminant levels. Water quality from Wells No. 5 and No. 6 has been dramatically improved.

Projects in Progress

An improvement project for the facility is underway to increase the size of the clear-well by 500,000 gallons. When com-

pleted, it will prolong chlorine contact time which will benefit disinfection.

An improvement project for the New Lisbon facility is underway to replace an outdated hydrated lime feeding system. It will provide more consistent lime feeding rates and prevent minute lime particles from being carried along by air movement inside the facility while batching and feeding lime.

Monitoring Requirements

The Safe Drinking Water Act regulations require every community water system (serving at least 15 service connections and/or 25 people year round) to prepare and distribute a Consumer Confidence Report. The regulations also mandate specific monitoring requirements. In some cases, monitoring waivers are granted to reduce or eliminate monitoring requirements for certain constituents such as asbestos, volatile organic chemicals, and synthetic organic chemicals. Our system received monitoring waivers for all pesticide and herbicide contaminants.

All data contained in this Consumer Confidence Report from calendar year 2006 is the most recent data. The regulations provide that if the system has monitoring waivers, or for some other reason monitors less than once per year; data older than five (5) years cannot be used. If the Consumer Confidence Report contains detection data that is not for calendar year 2006, the following must occur:

1. The Table of Detected Contaminants must show the date of monitoring.

2. The Consumer Confidence Report must contain a brief statement explaining that the data presented is from the most recent monitoring performed in compliance with regulations.

USEPA and the State of New Jersey allow us to monitor for
(continued on page 10)

Drinking Water Report released

(continued from page 9)
some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Therefore, some of our data through representation may be more than one year old but, that is not the case for 2006.

We constantly monitor for various contaminants in the water supply to meet all regulatory requirements. There were no "Notices of Violation" issued by the NJDEP nor were there any violations for the calendar year 2006.

Results of Calendar Year 2006

The Fort Dix Water Filtration Plant routinely monitors for contaminants in your drinking water according to Federal and State laws. The following table shows results of our monitoring from the period January 1 to December 31, 2006.

Contaminants and Their Possible Sources

Contaminants that may be present in source water include:

Microbial contaminants such as: viruses and bacteria may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants such as: salts and metals, can be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

Organic chemical contaminants, including synthetic and volatile organic chemicals are by-products of industrial processes and petroleum production and also can come from gas stations, urban storm water runoff, and septic systems.

Radioactive contaminants can be naturally occurring or the result of oil gas production and mining activities.

Sources of drinking water include rivers and wells. As water travels over the surface of land or through the ground, it dissolves naturally occurring minerals and in some cases, radioactive materials and can pick up substances resulting from the presence of animals or human activity.

In order to ensure that tap water is safe to drink, USEPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits of contaminants in bottled water, which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the New Jersey Safe Drinking Water Hotline at 1-800-426-4791.

Health Information

Some people may be more vulnerable to contaminants in drinking water than the general population, such as Immune-compromised persons, persons undergoing chemotherapy, persons who have undergone organ transplants, people with HIV / AIDS or other immune system disorders, elderly persons, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. USEPA and Center for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the New Jersey Safe Drinking Water Hotline (1-877-927-6337).

Within our environment there are contaminants that naturally occur and then there are those that are man-made. For instance, Cryptosporidium naturally occurs as a microbe associated with the disease cryptosporidiosis in humans. The disease can be transmitted through ingestion of drinking water, person to person, or other pathways, and can cause acute diarrhea, abdominal pain, vomiting, and fever.

Special consideration should be taken regarding children, pregnant woman, nursing mothers, and other vulnerable populations. Children may receive a slightly higher amount of contaminant present in the water than do

adults, on a body weight basis, because they drink a greater amount of water per pound of body weight than do adults. For this reason, reproductive or developmental effects are used for calculating drinking water standard if these effects occur at lower levels than other health effects of concern.

If there is insufficient toxicity information for a chemical (for example, lack of data on reproductive or developmental effects) an extra uncertainty factor may be incorporated into the calculation of the drinking water standard.

This would make that standard more stringent to account for additional uncertainties regarding these effects. In the case of Lead and Nitrate, effects when ingested in excess of standards in drinking water.

Arsenic – While your drinking water meets the EPA's and NJDEP's standard for arsenic, it does contain low levels of arsenic. The standard balances the current understanding of arsenic's possible health effects against the cost of removing arsenic from drinking water. The EPA continues to research the health effects of low levels of arsenic which is a

mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems.

Copper – Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. While other people drinking for the same quantities at longer durations could suffer liver or kidney damage. People with Wilson's disease should consult their personal physician.

Fluoride – Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Children may get mottled teeth.

Iron – The Secondary Recommended Upper Limit (RUL) for iron is based on an unpleasant taste of water and the staining of laundry and plumbing fixtures. Iron is an essential nutrient, but some people who drink water with iron levels well above the RUL could develop deposits of iron in a number of organs in the body.

Lead – Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning disabilities. Adults who drink such water over many years could develop kidney problems or high blood pressure. It is possible that levels at your home may be higher than at other homes in the community as a result of materials used in your home plumbing system. If you are concerned about elevated lead levels in your water, you may wish to have your water tested. You also may choose to flush your tap for 30 seconds to 2 minutes before using the tap water. Additional information is available from the NJDEP Hotline (1-800-426-4791).

Manganese – The Secondary RUL for manganese is based on the staining of laundry. Manganese is an essential nutrient, and toxicity is not expected from levels that normally would be encountered in drinking water.

Nitrate – Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill, and if untreated, may contribute to the death of the infant. Symptoms include shortness of breath and blue-baby syndrome. Nitrate levels in the environment may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant, you should seek advice from your health care provider.

Sodium – For healthy individuals, sodium intake from water is not important because a much greater amount of sodium is found from salt in the diet. However, sodium levels above the RUL may be of concern to individuals on a sodium restricted diet.

Total Trihalomethanes (TTHMs) – Some people who drink water containing Trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer. TTHMs are a by-product of the chlorine disinfection process.

Turbidity – Turbidity itself has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms including bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and headaches.

Definitions

Several terms used in this Consumer Confidence Report may be abbreviations and definitions you are not familiar with. To help you better understand these terms, for your convenience, we have provided the following definitions.

Action Level – The concentration of a contaminant, which, if exceeded, triggers treatment or other requirements.

Parts per million (ppm) or milligrams per liter (mg/l) – One part per million corresponds to one minute in two years or a single penny in \$10,000.

Recommended Upper Limit (RUL) – Recommended maximum concentration of secondary contaminants. These reflect aesthetic qualities such as: odor, taste, or appearance. RULs are recommendations and not mandates.

Secondary Contaminant – Substances that do not have an impact on health, but affect aesthetic qualities such as: odor, taste, or appearance. Secondary standards are recommendations and not mandates.

Treatment Technique (TT) – A required process intended to reduce the level of a contaminant in drinking water.

Contact Information

We at the Fort Dix Water Filtration Plant work hard to provide top quality water to all of our customers. We ask that all of our customers help us protect our water sources, which are the heart of the Fort Dix community, our way of life, and our children's future.

If you have any questions about this report, or any other questions regarding your water, please call the Fort Dix Water Filtration Plant, Monday through Friday from 6 a.m. to 2 p.m., at 562-5040 or 562-5468. We want our valued customers to be informed about the quality of their drinking water.

Dix H₂O good to go

The Fort Dix surface water treatment plant, operated by IAP World Services, successfully completed its annual compliance inspection by the New Jersey Department of Environmental Protection (NJDEP) and was found to be in compliance with all applicable regulations.

The inspection report states that, "This Department appreciates the continued operation of your facilities in an environmentally responsible manner." The NJDEP is the local authority which establishes and enforces the standards for safe drinking water and proper operation of water treatment plants in New Jersey.

The 2006 Consumer Confidence Report, also an annual requirement, was just published by IAP World Services (and is printed in this edition of *The Post*). In the report, you will find that the drinking water produced for Fort Dix customers meets every standard established by the NJDEP for safe drinking water.

An aggressive hydrant flushing program and several capital investments recommended by the Directorate of Public Works and approved by the Fort Dix chain of command have increased the quality and the production capacity of safe drinking water since last year's report.

To view a copy of the 2006 Consumer Confidence Report, log onto the Team Dix Web site at <https://TeamDix.Dix.Army.mil> and click on the "What's New" button.

For answers to questions regarding this topic or others regarding water on Fort Dix, call Steve Pelicano, project manager, IAP World Services, Inc., at 562-2829.

ARTS & CRAFTS

Bldg. 6039
Philadelphia Street

562-5691

Registration & sales store hours:

Tuesday-Thursday
noon-5 p.m. & 6-8:45 p.m.

Friday

11 a.m. - 4:45 p.m.

Saturday

9 a.m. - 4:45 p.m.

PROGRAMS

Military Family Day

May 5

Bring the whole family to craft together and receive 20-percent off your ceramic and mosaics.

Framing Qualification Classes

May 2 & 16, 6 to 8:30 p.m.

May 12, 9 to 11:30 a.m.
Get qualified to use this great facility and equipment! You'll complete one piece (cost of which is not covered by registration fee) about 8 x 10" which you must supply as you learn to operate the equipment. All materials are available for purchase at the frame shop.

\$10 registration fee

Krafty Birthdays

Arts & Crafts offers Krafty Birthday Parties! Parties include up to two hours of party room use, one craft project with instruction and all materials, with many exciting projects to choose from. When making party reservations, please make sure to stop by in order to select the craft and make payment.

Kids Craft Classes

Saturdays, 2:30 - 4 p.m.

May 5.....Create Your Own Yearbook
May 12.....Mother's Day Gifts
\$5 fee plus materials

Adult Craft Classes

Tuesdays, 6 - 8:30 p.m.
May 3.....Red Hot Chile
May 10, 17.....Family Wall
Pepper Platter
Sculpture

Kids Pottery Class

May 5 - 19, ages 6-9
Classes cover both hand-building and wheel-throwing techniques. Saturdays from 10:30 a.m. to noon.

\$22.50 materials fee

Tween Pottery Class

May 5 - 19, ages 10-13
Classes cover both hand-building and wheel-throwing techniques. Saturdays from 1 to 2:30 p.m.

\$22.50 materials fee

Frame Shop

The frame shop offers both do-it-yourself framing and custom framing. The shop is well stocked with a vast array of molding and mat board, plus state of the art equipment and a technical expert with over 20 years of experience in the field to ensure the results are exceptional. Posters and fine art prints are also available.

Pottery Studio

The Pottery Studio offers classes covering both hand building and wheel throwing techniques. Once you've completed the initial class come in anytime during studio hours to use the facility.

Create A Critter

Take 25-percent off any outfit

when you stuff a critter! Discover a menagerie of adorable animals to stuff, dress, and cuddle. From the basic teddy bear to giraffes and lions, we've got them all! Great fun for the whole family, and you'll love our low prices. A great last minute gift idea, too!

Introductory Pottery Course for Adults

May 2 - June 6

This six-week course covers both hand-building and wheel-throwing techniques. Once you've completed the initial class, you can come in anytime during studio hours to use the pottery facility on your own. Wednesdays from 6:30 - 9 p.m.

\$55 fee plus materials

Army Arts & Crafts Contest

All authorized users are eligible to enter this competition, which includes ceramics, pottery, painting, drawing, woodworking, fibers and more. Entries must be submitted in digital format. Deadline for entries is May 11. Stop by the Arts and Crafts Center or call Jim at 562-5771 for more information.

Ladies Night Has Returned

May 19

Bring your girlfriends in for a night of crafty fun! Wear your pajamas and join in the Pillow Fight! Sign up to join "Memoranza" by Creative Memories for an all-day scrap booking extravaganza! The pottery and mosaic studio will be open for you to start a new project or complete those in progress. The Arts & Crafts Center will be extending its hours until 10 p.m. this night only!

Quilts for Kids

May 12

Honoring the Colors

Reveille 6 a.m. (0600 hours)

Military personnel in uniform

Stand at attention,
face the flag and
salute at first note.

Military personnel not in uniform, civilians

Stand at attention,
face the flag and
place right hand over
heart at first note.

Military personnel in formation or in a group

Senior Soldier calls
group to "Attention,"
then "Present, Arms"
at first note. Calls
"Order, Arms" at
conclusion.

Individual military personnel, civilians in a vehicle

Stop vehicle and exit.
Follow steps above.

Group of military personnel in a vehicle

Stop vehicle. Individual
in charge exits and follows
steps above.

Retreat 5 p.m. (1700 hours)

Stand at attention,
face the flag for
Retreat, then
salute at first note
of *To the Colors*.

Stand at attention,
face the flag for
Retreat, then place
right hand over heart
at first note of
To the Colors.

Senior Soldier calls
group to "Attention,"
then "Parade, Rest"
at first note of
Retreat. Calls
group to "Attention"
and "Present, Arms"
at first note of *To the
Colors*, then "Order,
Arms" at conclusion.

Stop vehicle and exit.
Follow steps above.

Stop vehicle. Individual
in charge exits and
follows steps above.

Other bugle calls heard on post are:

Tattoo.....9 p.m. (2100 hours)

Call to Quarters.....9:30 p.m. (2130 hours)

Taps.....10 p.m. (2200 hours)

Volunteers take Laurel Pond under wing

Shawn Morris
Public Affairs Staff

Earth Day is for the birds. This isn't a rant from a cantankerous couch potato, but the theme of this year's annual celebration, which was held at the Laurel Pond Recreation Area April 20 from 3 to 8 p.m. and April 21 from 10 a.m. to 3 p.m. Hundreds of volunteers lent their time and effort to area beautification and educational activities, with a special emphasis placed upon mankind's fine feathered friends.

"It's a variety of bird-centered fun and educational projects," explained Melissa Novak, Fort Dix Natural Resources.

Such projects included creating a scaled-down Bald Eagle nest and erecting a half-dozen bird feeders. Volunteers were also treated to various exhibits, including:

● A display box full of different types of bird nests

● Demonstrations by Tri-State Bird Rescue and Research, Inc., on oil-spill bird rescue

● A visit by Rachel Orobono, New Jersey Watershed Ambassador, who explained the various types of birds' beaks and how they help them hunt for different types of food

● A live raptor show hosted by the Woodford Cedar Run Wildlife Refuge of Medford, which included a red-tail hawk named Aldora

● An all-new puppet show written by Roger Smith, Fort Dix Natural Resources, entitled, "Return of the Birds."

This Earth Day celebration marks a new height in outside-agency participation. "We're making a lot of connections, and those connections are allowing us to give a bigger and better event every year," explained Novak.



FEATHERS AND FOOD
Alex Kubiak, 10, Sydney Johnson, 2, and Anna Kubiak, 10, above from left, watch as Somer Johnson, 3, takes a hands-on approach to learning about injured bird care from representatives of Tri-State Bird Rescue and Research, Inc. All the hard work performed during the Earth Day celebration was rewarded with a grilled lunch prepared by Mike Wasniewski, right.



DIGGIN' IT — Volunteers dig in during the 2007 Earth Day celebration at the Laurel Pond Recreation Area. Hundreds of volunteers showed up to help with clean-up and planting projects, and also to enjoy fun and educational activities such as the live raptor show hosted by the Woodford Cedar Run Wildlife Refuge of Medford, right. Noella Girard, Cedar Run teacher/naturalist, displays a red-tail hawk named Aldora.



photos by Shawn Morris



ALL HANDS — Coast Guard Petty Officer 1st Class Richard Bradway, Atlantic Strike Team, Clint Burgher, Cub Scout Pack 9 from New Egypt, Command Sgt. Maj. Albert Davidson, installation command sergeant major, and Roger Smith, Fort Dix Natural Resources, from left at left, plant an Arbor Day tree donated by Princeton Nursery in Allentown. Several bird houses were also installed, and the usual Earth Day clean-up activities were carried out by volunteers like six-year-old Daisy Scout Anne Reed, right. Also on hand were scouts from Pack 112 in North Hanover who camped overnight at Laurel Pond.



Sports Shorts

Griffith Field House

Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Unlimited bowling

Every Wednesday, get your fill of bowling at the Fort Dix Bowling Center.

Rent one lane for two hours of unlimited bowling for only \$20 per lane, up to six people per lane.

Shoe rental extra. Call the bowling center at 562-6895 for more information.

Canoe & Kayak Trips

Get outside and enjoy the spring weather with a canoe trip with Outdoor Rec.

May 26-27

Canoe/Kayak & camp trip.
Cost: \$45
June 9
Canoe/Kayak

Cost: \$25

June 10

Canoe/Kayak
Cost: \$25
July 14-15

Cost: \$45

Sept. 15

Canoe/Kayak
Cost: \$25

For more information about Canoe & Kayak trips, call Outdoor Recreation at 562-2727.

Horseback Riding

Starting April 21, horseback riding will be available through Outdoor Rec. Cost is \$35 dollars. Riding dates are May 12, June 2, July 21, Sept. 8 and Sept. 22.

Call Outdoor Rec. at 562-2727 for more information.

Skydiving Escapade

Let your adventurous side take over with a skydiving trip with Outdoor Rec.

There are three trips planned: May 19, Aug. 25, and Sept. 29.

Call Outdoor Recreation at 562-2727 for more information.

Law Day Golf Tourney coming to Dix course

The Fort Dix/McGuire/Lakehurst SJA Law Day Golf Tournament will be held May 8 from 11 a.m. to 6 p.m. on the Fort Dix golf course. Cost to participate is \$43 with military/DoD identification, \$55 without. This includes carts and greens fees. Sign-in and cart assignments begin at 11:45 a.m. First tee-off in teams of four begins at noon, with additional tee-offs every eight minutes thereafter. Final scoring will take place at 4:30 p.m., and prizes and certificates will be given out at 5 p.m. A social will follow.

Those interested should respond to Maj. Ted Collins at 562-3290 or theodore.j.collins@dix.army.mil, or Capt. Wayne Chan at 562-2601 or wayne.chan@dix.army.mil, no later than April 20.

Payment is due no later than April 27. Make checks payable to Ted Collins.

"CELEBRATING MILITARY CHILDREN"

SUNDAY APRIL 29, 2007

Riverfront YMCA in Burlington, NJ

Sponsored by NJ Operation: Military Kids (OMK)

SOME ACTIVITIES INCLUDE:

- Arts & Crafts
- Climbing Wall
- Swimming
- Photography (MTL)
- Face Painting
- Healthy Food & Drink
- YMCA Values Hoop Shoot
- FREE T-Shirt / giveaways



FREE drop off service for military children from 1-5pm...

OMK team members will supervise your child and one friend ages 3 and up.

Please RSVP by April 27, 2007

To RSVP or for more information, please contact Amanda Balas at 609-562-0742 or amanda.balas@us.army.mil